



JOIN US FOR POWER HOUR!

Hard Core Weights and Ab Workout

- Warm-Up to keep from Injury
- Weights to build and define muscles
 - Abs to make the CORE strong
- Stretches to make those muscles lean

Try a class on us!

Class Free for Fitness Members

\$5 for Others

Valdese Recreation Splash Park Building

Mondays & Thursdays @ 5:30 pm

Please call 828-874-6737

for more information